# National providers of adult ADHD assessments

There are several organisations which offer private assessments of ADHD. You can find the details of these organisations by entering the term ‘Private adult ADHD assessment UK’ into a search engine.

There is also guidance on finding a private assessment on the [ADHDUK website](https://adhduk.co.uk/private-diagnosis/).

Undertaking a private diagnostic assessment costs money. You may be able to reclaim up to £500 of the cost of the assessment from the University. Details of how to do this, and a link to the application form, can be found on [our website](https://students.leeds.ac.uk/info/1000070/setting_up_your_support/1712/diagnostic_assessment).

Below are some questions you might like to pose to any organisation before booking an assessment with them.

# Seeking a private ADHD assessment: questions to ask

* **What do I hope to get out of assessment?** It is important to think in advance about what you hope to get out of an assessment for ADHD and specifically whether you hope to access medication if you are diagnosed. This is important because a private ADHD diagnosis may mean that you cannot access NHS prescribing for ADHD medication, and you may need to pay privately for medication and review. You should be aware that the University cannot fund the cost of any prescriptions, medication, or medication review. You can find out more about post-diagnostic treatment and care at the end of this document.
* **Who will carry out the assessment**?  ADHD can only be formally assessed by a UK registered psychiatrist, a specialist ADHD nurse, or “other appropriately qualified healthcare professional” [[Nice Guidelines](https://www.nice.org.uk/guidance/ng87/chapter/Recommendations#diagnosis)].
  + A Psychiatrist is a medically qualified doctor who has specialised in psychiatry.
  + A specialist ADHD nurse is a qualified nurse with additional formal training and accreditation in ADHD. Specialist ADHD nurses undertake an additional 1-year program to be qualified in assessing for ADHD. They can undertake a further 1-year program to become qualified to prescribe ADHD medication.
  + “other appropriately qualified healthcare professional with training and expertise in the diagnosis of ADHD” includes Psychologists. Psychologists can provide an assessment of ADHD; however, they are not able to prescribe ADHD medication.  This includes Educational Psychologists who may conduct a level of assessment for traits of ADHD alongside an assessment for Specific Learning Difficulties such as dyslexia.

Other mental health professionals, including counsellors, cannot provide a formally recognised diagnosis of ADHD. You need a Psychiatrist or prescription qualified specialist nurse to have medication as a treatment option.

You should always check that the person you are seeing is a member of the General Medical Council and on their specialist register,  You can [check their register here](https://www.gmc-uk.org/registration-and-licensing/the-medical-register/a-guide-to-the-medical-register/find-a-doctors-record.). If you have any questions on their record, call the assessment company, and check their credentials.

* **Does the provider focus primarily on children, or do they have good experience of assessing adults?**  You may wish to find someone who is experienced in assessing adults.  You could ask how many adult assessments they have done or ask how many years of experience their diagnosticians have in assessing adults.
* **How much developmental history does the provider require, and in what format?**  Some providers request that a parent or close relative who knew the person being assessed when they were very young (before the age of 5) takes part in the assessment.  Others capture information via a Relative’s Questionnaire, and some will assess without requiring parental involvement.
* **Does the provider issue a full report after the assessment, or simply a letter confirming the outcome?**  Although assessments which include a report can be more expensive, the report itself is often extremely helpful.
* **What format does the assessment take?**  Is it over one session, or more?  How long do sessions usually last?  Will it be conducted in person, or online?
* **Does the provider offer any post-diagnostic support included in the cost of assessment?** Some providers offer a one-off meeting to discuss the diagnosis and signpost to other support

# Post-diagnosis: accessing medication

Following diagnosis you need to have an ongoing care plan. That generally falls into three options: continued private care from your diagnostic provider; shared care between your provider and your GP (your GP can be private or NHS); or discharged to your GP. You need to discuss these options with your psychiatrist.

**Continued Private Care**

All follow up appointments and (if applicable) prescriptions are done by your private provider. The positive of this approach should be seamless care. The downside are the ongoing expenses of follow up appointments and private prescription and medication charges. **The University cannot assist with the cost of medication, prescriptions, or follow-up care.**

**Shared Care**

Care and treatment management is shared between your Psychiatrist and your GP. The exact plan varies but generally it means if you have prescriptions they are renewed by your GP, and your Psychiatrist provides follow up appointments to discuss how you are doing and your overall treatment plan. If you move to an NHS GP, and have a medication plan, then costs should be limited to your NHS prescription charge rate, and you will no longer need to pay the direct pharmacy cost of the medication. NHS GPs are not obligated to undertake shared care and some may refuse to do so.

**Discharged to GP**

In this scenario you are discharged to your GP. You will likely be able to return to your Psychiatrist should you wish to, or if your needs change; however, by discharging you to your GP they are saying it isn’t a requirement for you to see them.

The exact plan varies but generally it means if you have prescriptions they are renewed by your GP, and your ongoing treatment plan will be decided between you and your GP. Your GP may also opt to refer you back to the Psychiatrist on an as-needed basis. If you move to an NHS GP, and have a medication plan, then costs should be limited to your NHS prescription charge rate, and you will no longer need to pay the direct pharmacy cost of the medication.